



THE WRITING ON THE WALL

LOCAL GRAFFITI ARTISTS CREATE A 'WALKABLE' GALLERY ON CLARENCE STREET PAGE 2

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LONDON

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Monday, April 2, 2012

News worth sharing.

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Upping the parking ante downtown

Hot spots. A nightcap after work could mean with an extra fee this summer

ANGELA MULLINS
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Free evening parking would effectively come to an end in downtown London if city councillors approve a bylaw being tabled Monday.

Right now, downtown business patrons can park for free in most metered spaces after 6 p.m. The new plan would establish a maximum evening rate of \$4.50, meaning free parking wouldn't start until 9 p.m. at spaces with traditional meters. City spots controlled by centralized meters — the ones that require placing a ticket on your dashboard — would be monitored until midnight.

An exception

- Cost of parking.** The rate change would set the price of parking at \$1.50 an hour everywhere except the Old East Village Business Improvement Area. There, the rate would be \$1.

25-cent increase that brings the hourly rate to \$1.50 at meters — were approved as part of the 2012 budget. The bylaw being considered Monday would seal the deal.

Council's civic-works committee meets at 4 p.m. for a preliminary vote on the issue. The ordinance is expected to be considered by the full council on April 10. If it passes, the changes would take effect July 1.

Shane Maguire, the city's division manager for parking and traffic signals, said there is "very little expense" to making the changes.

"The expense is in the first year (and comes with altering) the signs and meters," he said.

Parking-enforcement officers already work around the clock, Maguire said, which means no extra manpower will be needed to enforce the new hours. Portions of Richmond and Wellington streets already have paid parking after 6 p.m.

The changes are expected to bring an extra \$244,000 into city coffers this year and an added \$520,000 in subsequent years.

The civic-works committee will also hear a proposal that would replace traditional meters with centralized meters on streets near the John Labatt Centre and on Dundas between Wellington and Waterloo.

Installing the 21 new meters would cost \$244,463, financed through a parking reserve fund, according to a report from city administrators. Future work associated with the meters would cost an additional \$55,537.



Juno haul FOR FEIST

Feist accepts the Juno Award for artist of the year at the gala in Ottawa Sunday night. The Toronto-based singer-songwriter also won awards for adult alternative album of the year for her fourth disc, *Metals*, and music DVD of the year for her documentary *Look at What the Light Did Now*. FRED CHARTRAND/THE CANADIAN PRESS

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NEWS

On the web

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Mobile news



Provocative new research might help explain why black women are more likely than white women to develop and die from cervical cancer. Scan the code for the story.

Artists stake their claim

'Walkable art gallery'

Two-day party in an alley celebrates graffiti-style art



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With years of negotiations and two days of painting under their belts, graffiti artists have reclaimed an alley that's considered a hub of their craft.

Under the leadership of London's Ryan Mahy, 27, artists spent the weekend creating a "walkable art gallery" on the exterior walls of Clarence Street buildings.

"We're cleaning up an alleyway that's so discarded," Mahy, owner of London's Artfusion gallery, said as the work started Sunday.

"We want people to walk by, glance in and say, 'Wow, what's that?'" he said, describing



Darcy Obokata, 34, works on a graffiti mural Sunday in an alley off Clarence Street during the Artfusion Fest Block Party. The large bird painted in the background is the centrepiece of murals created during the event. ANGELA MULLINS/METRO

Where it's at

- The new graffiti murals created by London-area artists and several former Londoners living in Toronto are in a Clarence Street alley between King and York streets. The alley is just north of Grooves Record Store.

ing a four-storey-tall bird that serves as the mural's centerpiece.

Many of the artists at work lived in London several years ago when graffiti-style work covered the alley. When one of the main buildings on the property changed hands, the

artists lost permission to use the palette and their images were covered up with fresh paint.

After lengthy negotiations with property owners — and the city — Mahy got the OK to breathe new life into the stretch. He took that permis-

sion and ran with it, creating what was dubbed an Artfusion Fest Block Party — a full-on celebration that got local artists in the mix, brought former Londoners back for the cause, and featured two days of music to paint by.

The end result, Mahy

said, is a series of murals that comprise an important piece of London's cultural scene.

"It's a never-ending battle to show people how graffiti (art) plays a role," Mahy said. The goal is to "change people's perceptions of an art form that has such a stigma around it."

Seeing the city through multiple eyes



Aggie Armstrong, 39, poses Sunday with one of her photographs from the inaugural LdnViews exhibit at The Arts Project. AGGIE ARMSTRONG/FOR METRO

Donnie Claudino was looking for pictures of London to share with friends and couldn't quite find anything that did the city justice.

From that, LdnViews — a group of photographers telling the Forest City's story from a variety of perspectives — was born.

The group's first exhibit opens Tuesday at The Arts Project (203 Dundas St.), featuring images from eight photographers. Eventually, Claudino, 37, hopes to see the group grow and turn into a means of creating a photo archive for the city.

"Tourism London could (use the photos) to promote the city, restaurants and ho-

tels could link to the images," Claudino said about his vision. "There's really nowhere to turn for that type of thing."

The pieces on display in the inaugural show were captured by photographers from a variety of backgrounds, ages and artistic styles.

For example, Mila Petkovic, a Western University graduate student and Metro columnist, used photos to explore London's music scene, while Ed Jackman's work has an urban editorial flair, capturing daily life from his perspective.

Photographers who sell pieces will donate 50 per cent of the proceeds to a nonprofit of their choice.

The charity aspect is an im-

At a glance

- The LdnViews exhibit opens at 5 p.m. Tuesday at The Arts Project (203 Dundas St.). For details, visit ldnviews.ca or facebook.com/ldnviews.

portant piece of the LdnViews puzzle, Claudino said.

"For me, (bringing people together around art) has to have few elements. It has to be community driven, it has to be something that's going to last beyond that one thing and it has to be greater than art for art's sake."

ANGELA MULLINS/METRO

Fleming Drive riot

Councillors to hear concerns

City council's public-safety committee will have a public-participation meeting at 6 p.m. Monday in the London Convention Centre for people to talk about the March 17 riot on Fleming Drive. ANGELA MULLINS/METRO

Homelessness

City to lead fed's research project

London has been picked as project manager for a two-year federal research initiative aimed at testing a model to end homelessness. The \$2-million effort will be paid for by the Canadian government. ANGELA MULLINS/METRO

Alleged sex assault

Police college recruit arrested

An Ontario Police College recruit has been arrested and charged after an alleged incident at the college near Aylmer. OPP responded to the facility Saturday around 1 a.m. after reports of a sexual assault. AM980/AM980.CA

Elderly woman robbed

One arrest in purse-snatching

Sarah Ebert, 29, of London, has been charged in an ongoing investigation after an elderly woman was knocked to the ground in a purse-snatching Saturday morning on Dundas Street near Wellington. METRO

Spike belt deployed

Five charged with theft of car

Five people were arrested Saturday after police pursued a stolen vehicle on the east side. On Friday, police received a report of a stolen vehicle. Saturday police saw the stolen vehicle and deployed a spike belt. METRO



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Basketball. Haywood triumphant as NBL Canada closes season

Brandon Robinson made sure the London Lightning didn't win everything.

The Oshawa Power guard was named MVP of the National Basketball League of Canada all-star game on Sunday in Halifax, knocking down 38 points in Team Haywood's 164-155 win over Team Smith before a crowd of 2,603.

Robinson's effort prevented yet another triumph for the NBL Canada champion Lightning, whose best players were the headliners for Team Smith.

"London was sweeping everything (this season), they were rivals with the Power, and beating them was a great thing," said Robinson.

London players not only dominated the league's all-star teams and individual awards this season, they also swept Saturday's skills competitions.

Team Smith had the edge on Team Haywood for most of the afternoon, but Robinson powered the comeback with a 15-point fourth-quarter, knocking down three of his six three-pointers in the final 12 minutes.



London's Gabe Freeman

RYAN TAPLIN/METRO

Slam dunk

- Jamar Abrams of the Lightning won Saturday's slam-dunk contest while DeAnthony Bowden won the three-point shootout.

"We had to come back — we couldn't just lose, lose, lose to London," said Team Haywood forward Tyrone Levett.

MATTHEW WUEST/METRO

Report card. London gets mixed results in Ontario high school rankings

The Fraser Institute released the 2012 edition of its Report Card on Ontario's Secondary Schools on Sunday and the results for London were mixed.

The report ranked 718 public and Catholic schools, giving them each a rating out of 10.

In London, 26 schools in the Thames Valley District School Board and eight from the London District Catholic School Board were evaluated. An additional 18 high schools outside London were also listed.

Out of all of those, only one school cracked the top 50. London Central placed fourth in the province with a rating of 9.3. The school's average ranking over the past five years was No. 1.

Oakridge Secondary School

Ranking

- The ranking was calculated using results from the standardized Grade 9 math and Grade 10 literacy tests. The document also shows the average ranking for each school over the past five years.

took 97th place in the province with a 7.7 score. That's down from its five-year average of 67th place and 7.9 rate.

At the other end of the spectrum was Montcalm, London's lowest ranking school, sitting in 653rd place in Ontario. It scored a rating of 3.6 out of 10.

AM980/AM980.CA

Drug bust

Two men accused of trafficking crack cocaine

Police in Woodstock have made two arrests in separate investigations into crack cocaine trafficking. Twenty-five-year-old Lincoln Walker and 47-year-old Hezron Watson are charged with drug trafficking and possession.

THE CANADIAN PRESS

Collision

Man charged with impaired driving in crash

A man has been charged with impaired driving after a two-vehicle crash in the east end Friday night. Jack Ferguson, 37, faces charges of impaired driving and leaving the scene of an accident. No one was injured in the crash. AM980/AM980.CA



Bartoch clinches spot on Canada's Olympic swim team

London's Joe Bartoch celebrates after winning the 100-metre butterfly event at the Canadian Olympic swimming trials in Montreal on Saturday. Bartoch nabbed a spot on the Canadian Olympic team for the second time. Forest City resident Richard Hortness also made the squad for the 2012 games by finishing second in the 100-metre freestyle. It will also be his second Olympics. GRAHAM HUGHES/THE CANADIAN PRESS

Londoners power off for Earth Hour

Energy consumption. City beat Earth Hour 2011 result, taking the equivalent of 6,400 homes off grid



ANGELA MULLINS

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Londoners outdid themselves in Saturday's observance of Earth Hour.

Powering down enough lights and electronics to re-

duce demand by 7.3 megawatts between 8:30 and 9:30 p.m., the Forest City beat its Earth Hour 2011 result — 6.6 megawatts saved.

This year's savings is equivalent to taking 6,400 homes totally off the grid or turning off more than 560,000 compact fluorescent light bulbs, according to a statement from Jay Stanford, the city's director of environment, fleet and solid waste.

Greg Thompson, chair of the Urban League of London, an umbrella organization that includes many environmental groups, applauded

Electricity demand

2.7%

The Independent Electricity System Operator, which helps manage Ontario's power grid, said electricity demand was down 2.7 per cent from a typical Saturday night.

the city for its "forward-thinking" approach to the international observance.

During Earth Hour, restaurants offered candle-lit dinners, One London Place stood dark, power was cut to the fountain at the Forks of the

Thames River and lighting was minimal at city offices.

While the World Wildlife Fund observance is a key symbol in the march toward reducing energy consumption, it takes much more than powering down for one hour a year to make a difference, Thompson stressed.

About 150 countries worldwide participated in Earth Hour, up from 135 last year, according to the WWF. The number of Canadian cities and towns participating reached 511 — the most ever.

WITH FILES FROM THE CANADIAN PRESS

Ontario re-ignites CPP debate

Middle-class families must either save more for their retirement, or risk suffering a big shock in their golden years.

The Ontario government plans to repeat that warning over and over again during the coming months as Ottawa raises the eligible age for old age security to 67, postponing existing benefits for two years. Few Canadians are sav-

ing enough money for their retirement years, which will put more pressure on their families and provincial health and welfare budgets once they reach old age, Finance Minister Dwight Duncan said.

"I don't think we are taking this seriously enough as a society," he said. "I don't just mean the federal government."

The federal Conservatives announced in Thursday's budget that they will start making the adjustments in 2023 and phase them in gradually over six years.

That means anyone younger than age 54 will need to seriously reconsider how they're planning for their retirement.

THE CANADIAN PRESS



Dwight Duncan

NATHAN DENETTE/THE CANADIAN PRESS



Thrilla on the Hilla goes to Liberals in three rounds

Conservative Senator Patrick Brazeau and Liberal MP Justin Trudeau fight in a charity boxing match for cancer research Saturday in Ottawa. Trudeau won, stopping Brazeau in the third round. Former Liberal prime minister Pierre Trudeau, Justin's father, died of prostate cancer, while Brazeau's mother died of lung cancer. FRED CHARTRAND/THE CANADIAN PRESS

Health and safety

Feds looking to bury nuclear waste

The federal government is eyeing the site of the Chalk River nuclear reactor, 160 kilometres northwest of Ottawa, as a radioactive waste site.

Atomic Energy of Canada

Ltd. says 267,000 cubic metres of low- and medium-grade nuclear waste is now stored above-ground in steel containers at the Chalk River site. The amount of radioactive material is expected to grow to 360,000 cubic metres by 2100. That's enough debris to fill 106 Olympic swimming pools now, and 144 by the end of the century.

THE CANADIAN PRESS

Coffee crazed

Drive-thrus cause traffic jams?

Canadians lining up in their cars for a Tim Hortons fix are causing traffic snarls and headaches in cities across the country.

The problem has become so bad in Saskatoon that

one city councillor has proposed a ban on all future drive-thrus.

City transportation manager Angela Gardiner said the dilemma was brought up at a national transportation engineering conference last year. Traffic numbers for Tim Hortons drive-thrus greatly exceed the average for other fast-food outlets in Canada. THE CANADIAN PRESS

Potato farmer home from Lebanese jail

Seeking extradition.

N.B. man's lawyers, family expressed concerns about his deteriorating health

After more than a year in a Lebanese jail, Henk Tepper is finally home.

"I'm happy to be home," the New Brunswick potato farmer told a throng of reporters as he left the customs area at the Ottawa airport Saturday.

Tepper, who is in his mid-40s and from Drummond, N.B., has been in custody in Beirut since March 23 of last year.

He was picked up on an international arrest warrant on allegations he exported rotten potatoes to Algeria in 2007 and forged export documents.

A source close to Tepper says an Interpol red notice issued by Algeria remains in effect and the notice says he could face up to five years in prison if convicted of the allegations.

Tepper's lawyers have denied all of the allegations, saying the potatoes were inspected in Canada before shipment and

Political inaction?

A number of public appeals and meetings were held to push for Tepper's return.

- **Legal limbo.** Diane Ablonczy, Canada's minister of state of foreign affairs, issued a statement saying the federal government has been working behind the scenes to get Tepper released.
- **Not enough.** Tepper's family and Liberal politicians have criticized Ottawa's efforts to have him returned to Canada, accusing the feds of not doing enough.

met Algerian standards.

Algeria also alleges that Tepper forged documents related to the export of potatoes from Quebec and Prince Edward Island.

Tepper was arrested in Lebanon when he travelled to the Middle East on an agricultural trade mission to promote seed potatoes from Atlantic Canada.

THE CANADIAN PRESS

70 countries pledge cash for Syrian rebels

A coalition of more than 70 partners, including the United States, pledged Sunday to send millions of dollars and communications equipment to Syria's opposition groups, signalling deeper involvement in the conflict amid a growing belief that diplomacy and sanctions alone cannot end the Damascus regime's repression.

The shift by the U.S. and its Western and Arab allies toward seeking to sway the military balance in Syria carries regional risks because the crisis there increasingly resembles a proxy conflict that could exacerbate sectarian tensions. The Syrian rebels are overmatched by heavily armed regime forces.

The summit meeting of the "Friends of the Syrian People" follows a year of failed diplomacy that seems

close to running its course with a troubled peace plan led by UN-Arab League envoy Kofi Annan.

Indeed, U.S. Secretary of State Hillary Rodham Clinton and other participants at the conference in Istanbul uniformly expressed concern that Annan's plan might backfire, speculating that Syrian President Bashar Assad would try to manipulate it to prolong his hold on power.

Clinton said she was waiting for Annan's report to the UN Security Council on Monday on the status of his peace plan.

"There cannot be process for the sake of process. There has to be a timeline. If Assad continues as he has, to fail to end the violence, to institute a ceasefire, to withdraw his troops from the areas he has been battering ... then it's

Pot of gold

Conference participants in Istanbul said Saudi Arabia and other Gulf countries are creating a fund to pay members of the rebel Free Syrian Army and soldiers who defect from the regime and join opposition ranks. One delegate described the fund as a "pot of gold" to undermine Assad's army.

unlikely he is going to ever agree," she said. "Because it is a clear signal that he wants to wait to see if he has totally suppressed the opposition. I think he would be mistaken to believe that. My reading is that the opposition is gaining in intensity, not losing."

THE ASSOCIATED PRESS



A Syrian boy flashes the victory sign during a demonstration in Idlib, Syria. THE ASSOCIATED PRESS

Mali

Rebels seize Timbuktu

The junior officer who overthrew Mali's democratically-elected leader earlier this month and dissolved the nation's constitution made a U-turn Sunday, declaring amid enormous international pressure that he was reinstating the 1992

constitution and planning to hold elections. Capt. Amadou Haya Sanogo added that a national convention would be held to organize elections, but he failed to announce a timeline for the plans.

Sanogo's announcement came as rebels penetrated and seized control of the ancient northern city of Timbuktu, a move that deepens the crisis in the West African nation.

THE ASSOCIATED PRESS



Capt. Amadou Haya Sanogo
REBECCA BLACKWELL/
THE ASSOCIATED PRESS

Ice fishing

675 rescued from Russian ice floe

Russia's emergency services rescued 675 fishermen on Sunday from an ice floe that was drifting out to sea in the far east of the country.

None of the rescued ice fishermen required medical treatment, the emergency services on Sakhalin Island

said. About half of the 675 fishermen were picked up by helicopters and the others by boat.

The emergency services said it received a report at midday Sunday that an ice floe was drifting into the Sea of Okhotsk with hundreds of fishermen on it. More than six hours later, all had been rescued.

Ice fishermen routinely get stranded on ice floes in Russia, especially in the spring as

the temperatures rise. Sunday's operation was unusual only in the high number that had to be rescued.

One of the rescued fishermen, Vladimir Vasilenko, said they should have known better than to go out on such a day. "Of course the wind was blowing from the shore. We should have thought that something could happen, but people were going and we went as well."

THE ASSOCIATED PRESS

Anti-tax protest

1.6M households in Ireland fail to pay property tax

Debt-mired Ireland is facing a revolt over its new property tax. The government says 1 million of the country's 1.6-million households have failed to pay the annual charge by Saturday's

deadline. About 5,000 anti-tax protesters marched through central Dublin to the conference of the governing Fine Gael party. They denounced government leaders as snakes and dictators, and tried to block party members from entering or exiting the building. Prime Minister Enda Kenny says the public has a right to protest, but those who refuse to pay will end up paying more in penalties.

THE ASSOCIATED PRESS

Market Minute



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Dow Jones: 13,212.04 (+66.22)



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12,392.18 (+53.18)



OIL
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GOLD
\$1,671.90 US (+\$17.00)

Swiss investigation

German tax inspectors accused of 'espionage'

Swiss authorities have issued arrest warrants for three German tax inspectors over the purchase in 2010 of a CD containing data on suspected tax cheats, according to a German newspaper — in-

furiating a German state governor. The Bild am Sonntag newspaper reported Saturday that the Swiss accused the officials of "economic espionage" in a letter to authorities in the German state of North Rhine-Westphalia. It quoted state governor Hannelore Kraft as saying that the move was "monstrous." "The tax inspectors were only doing their duty to chase German tax cheats," Kraft added.

THE ASSOCIATED PRESS

High time to tax the rich fairly: Obama

Buffett Rule. Push for new taxation comes as millions of Americans prepare taxes for April filing deadline

U.S. President Barack Obama is calling on Congress to increase taxes on millionaires, reviving a proposal he first pitched last September that aims to draw sharp election-year lines between the president and the Republican opposition.

The plan, scheduled for a vote in the Democratic-controlled Senate on April 16, stands little chance of passing in Congress. But it is a prominent symbol of the efforts the president and congressional Democrats are making to portray themselves as champions of economic fairness. Republicans dismiss the idea as a political stunt with little real effect on the budget.

"We don't envy success in this country. We aspire to it," Obama said in his Saturday radio and Internet address. "But we also believe that anyone who does well for themselves should do their fair share in return, so that more people have the opportunity to get ahead — not just a few."

Obama calls the plan the "Buffett Rule" for Warren Buffett, the billionaire investor who has complained that rich

Tax rates

"Warren Buffett is paying a lower rate than his secretary. Meanwhile, over the last 30 years, the tax rates for middle-class families have barely budged."

U.S. President Barack Obama, on ending tax cuts for the wealthy

people like him pay a smaller share of their income in federal taxes than middle-class taxpayers. Many wealthy taxpayers earn investment income, which is taxed at 15 per cent. Obama has proposed that people earning at least \$1 million annually — whether in salary or investments — should pay at least 30 per cent of their income in taxes.

The push draws renewed attention to the effective tax rate of Republican presidential front-runner Mitt Romney, a millionaire who is paying 15.4 per cent in federal taxes for 2011 on income mostly derived from investments. By contrast, the top nominal rate for taxpayers with high incomes derived from wages, not investments, is 35 per cent.

The president encouraged listeners to pressure their members of Congress "to stop giving tax breaks to people who don't need them." THE ASSOCIATED PRESS



Revamped Burger King menu courts healthier eaters

A diner orders food at a Burger King restaurant in Miami. Burger King launches 10 menu items including smoothies, frappes, specialty salads and snack wraps Monday — its biggest menu expansion since the chain opened its doors in 1954. Burger King is the latest chain to revamp its menu as part of the fast-food industry's move away from its nearly single-minded courtship of young men. Once the lifeblood of the industry, the economic downturn hit those junk food fanatics particularly hard. At the same time, Americans' generally have been demanding healthier options.

LUIS M. ALVAREZ/THE ASSOCIATED PRESS

Fuel-tanker strike. U.K. tames mad rush to pumps

Britain's government has moved to stop panic buying at gas pumps, telling motorists there is no need to fill up their tanks as previously stated. The new advice caps several days of confusion, which even supporters of the ruling Conservative Party say has dented its leadership credentials.

Things went wrong shortly

after Britain's Unite union threatened to pull off a fuel-tanker strike that could still leave thousands of service stations drained of gasoline. Such strikes can have serious political consequences in Britain, where gasoline prices are already among the highest in Europe.

THE ASSOCIATED PRESS

Market survival. A leaner, specialized future for RIM

Smaller, more efficient, sharply focused: that's likely the RIM of the future. Having grappled with the giants of the smartphone industry and received a battering in financial and marketing terms, Research In Motion will likely emerge as a specialized company that doesn't compete head-on in the consumer smartphone mar-

ket with Apple or Android devices, analysts said Friday. After Thursday's dismal quarterly results, the BlackBerry maker announced plans to rebuild, while considering options, including selling. The new RIM will likely focus on catering to businesses that value bulletproof security and efficient enterprise software. THE CANADIAN PRESS



In this Jan. 24, 2012 file photo, citrus entomologist Mamoudou Setamou, holds an orange that is showing signs of citrus greening disease in a grove in San Juan, Texas. NATHAN LAMBRECHT/THE MONITOR/THE ASSOCIATED PRESS

Industry threat. Citrus disease spreads to California

A citrus disease that has killed millions of citrus trees and cost growers billions of dollars across Florida and Brazil has been detected in California, despite the industry's best efforts to keep it at bay.

After a week of testing, the U.S. Department of Agriculture confirmed Friday that citrus greening was detected in a lemon-grapefruit hybrid tree in a residential neighbourhood of Los Angeles County. Sales and shipments of citrus trees within a 8-kilometre radius of the

tree were due to be suspended Saturday. The disease stands to threaten not only California's nearly \$2-billion citrus industry, but treasured backyard trees throughout the state.

"Huanlongbing is called the world's worst disease of citrus," said Dr. Robert Leavitt of the California Department of Food and Agriculture. "It had been present until now in all of the world's major citrus producing areas — except California."

The bacterial disease is car-

ried by the Asian citrus psyllid and attacks a tree's vascular system, producing bitter fruit and eventually killing the tree. Sap-sucking psyllids that feed on an infected tree become carriers of the disease.

It is not a threat to humans. "It's disappointing," said Joel Nelson of California Citrus Mutual. "Now we'll see if this great program that we believe we have in place is going to work."

State officials were working on a larger quarantine that

would extend into northern Orange County. The closest commercial grove is 22.5 kilometres away from the infected tree.

Detection of the disease has been state citrus growers' fear since the bug first crossed into San Diego County from Mexico in 2008. Despite 25 years of worldwide research, there still are no biological or genetic controls for the disease.

The disease is present in Mexico and across the southern U.S., but nowhere is the

problem more severe than in Florida, where the disease first appeared in 2005. The University of Florida estimates it has cost 6,600 jobs, \$1.3 billion in lost revenue to growers and \$3.6 billion in lost economic activity.

The pest and the disease also are present in Texas, Louisiana, Georgia and South Carolina. The states of Arizona, Mississippi and Alabama have detected the pest but not the disease.

THE ASSOCIATED PRESS

ROLL UP YOUR SLEEVES FOR THAMES RIVER



URBAN COMPASS
Todd Devlin
london@metronews.ca

The Thames River has been near and dear to Todd Sleeper's heart for as long as he can remember. He grew up on a farm and has fond memories of swimming and fishing in the river as a youngster. Today, he owns property on the Thames and often marvels at the wildlife from his own kitchen table.

But along the way, Sleeper witnessed a deterioration of the Thames. It was no longer the same river that he remembered as a child.

"It got to the point where we didn't want to eat the fish anymore because it looked polluted," he said. "There was garbage all over, and we didn't want to go swimming ... the water got dirtier and dirtier."

Sleeper decided to take matters into his own hands by organizing a one-day cleanup of the river. That was more than a decade ago. This year, the event he started — the Thames River Cleanup — will be held for the 13th consecutive year on April 21.

Worth it

"A lot of people have noticed the river is much cleaner, and there is a lot less garbage. I feel better about my kids going into the water."

Todd Sleeper

on gains in recent years. He says there's no question the river is healthier today as a result of the event.

"We've noticed a major improvement," Sleeper said. "A lot of people have noticed the river is much cleaner, and there is a lot less garbage. I feel better about my kids going into the water."

Seventeen communities are already on board this year, but Sleeper is keen to find more individuals to start up their own area. Kathy Tellier did just that when she signed up — along with her husband — to co-ordinate the Meadowlily Bridge area cleanup.

"We love hiking the trails along the Thames with friends and family, so we jumped at the opportunity to get involved and help with the cleanup project," Tellier said.

Tellier says she expects volunteers at her event this year to range in age from 10 to 70, and to include both residents of the area and nature lovers who simply want to help preserve the river and protect the wildlife.

"I would encourage everyone to come out and spend even just one hour helping in the cleanup," she said. "It's a great opportunity to get out in the fresh air with like-minded people and get to know the beautiful areas all along the Thames River."

And as if that weren't enough, all volunteers will also receive a gift at the cleanup and be entered into a draw to win a canoe.

For more information, visit thamesrivercleanup.ca.

Global awareness looks bright



MARKUS SCHREIBER/THE ASSOCIATED PRESS

Earth Hour

150 countries dim the lights

Volunteers of the World Wide Fund for Nature set their own candles amongst about 5,000 others to picture the globe prior to Earth Hour in front of the Brandenburg Gate in Berlin on Saturday. Earth Hour takes place each year and is a global call to turn off lights for 60 minutes in a bid to highlight global climate change.

THE ASSOCIATED PRESS

Quoted

"We didn't really know how it would go when it first started, but each year we have more and more countries and cities and communities join on."

Zoe Caron, a spokeswoman for the World Wildlife Fund's Canadian operations

A song for action

- The new Earth Hour Anthem, When the Lights Go Down, was sung by crowds in Toronto to celebrate Earth Hour.
- The WWF calls it Canada's first ever crowd-sourced song. It was created from lyrics submitted and voted on by Canadians across the country.

National effort

511

The World Wildlife Fund Canada said 511 Canadian cities and towns participated in this year's event — the most ever.



Kirkton Girl Guides pitch in for a Thames River Cleanup. CONTRIBUTED

'My dream catchers symbolize giving more and expecting nothing in return'

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Darrin Schuyler is a modern-day Sandman.

Each morning, Schuyler peruses the local London newspapers in search of

heart-wrenching stories, for those most in need of a few good dreams. By the afternoon, an unsuspecting stranger is holding one of Schuyler's handmade dream catchers — more than 600 of them, in fact, since Schuyler started his goodwill mission two years ago. They can take on a variety of forms: a purple dream catcher went to a local women's shelter in honour of Family Violence

Prevention Month, one for hospice care patients and one in honour of Black History Month. Schuyler personalizes each one. Miniature hockey sticks adorned with feathers in team colours for the avid fan; doves for the nature enthusiast; even family photos and inspirational proverbs for close friends. Initially, Schuyler had hoped to start a small business selling his crafts to

local artisan shops. But he had a change of heart. "My dream catchers symbolize giving more and expecting nothing in return."

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.



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2

SCENE

Box office

Fans still eating up *Hunger Games*

The *Hunger Games* is still the first item on the menu for movie fans. The blockbuster took in \$61.1 million to remain the No. 1 film in its second weekend. Studio estimates Sunday put *The Hunger Games* well ahead of Sam Worthington's action sequel *Wrath of the Titans*, which opened in second place with \$34.2 million. That's far below the \$61.2 million opening of its predecessor, *Clash of the Titans*, two years ago. Julia Roberts' comic *Snow White* reinvention *Mirror Mirror* debuted at No. 3 with \$19 million. Roberts plays the wicked queen opposite Lily Collins as *Snow White*.

THE ASSOCIATED PRESS

On the web



For more coverage of the Juno Awards and our exclusive interview with The Sheepdogs, visit metronews.ca/scene

Feist still a Juno darling as she's named artist of the year

Awards. Feist, the Sheepdogs have an award-filled weekend in Ottawa with three wins each at the 2012 Juno Awards



JOE LOFARO
Metro in Ottawa

Feist and Saskatchewan band the Sheepdogs came out on top at the 2012 Juno Awards by snatching three Junos each over the weekend.

After winning two each at a gala and awards dinner Saturday, they both won their third at the televised show held at Scotiabank Place in Ottawa on Sunday.

On Sunday, the Sheepdogs won single of the year for their hit *I Don't Know*. The Nova Scotia-born singer-songwriter Feist won artist of the year, sweeping aside City and Colour,



Singer-songwriter Dallas Green accepts his Juno for songwriter of the year on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

deadmau5, Drake, and Michael Bublé.

Nickleback kicked off the 41st Juno Awards show with a performance of *This Means War*. William Shatner hosted the show, opening it by telling

the audience in Ottawa: "It's going to be a crazy night...not Vancouver crazy, let's keep the cars right-side up here."

Before the show started, some of the nominees graced the red carpet outside the arena

in chilly temperatures.

Feist, Lights, MonkeyJunk, Dan Mangan, Nickelback, and Hedley greeted shrieking fans. Deadmau5 arrived wearing one of his signature "mau5heads."

Canadian stars shine at gala dinner



Electronic musician Lights was the first artist to perform at Saturday's non-televised Juno gala and awards dinner. SEAN KILPATRICK/THE CANADIAN PRESS

The Ottawa Convention Centre was transformed into a star-studded hub of Canada's greatest musical talent Saturday night as artists were handed the first batch of the 2012 Juno Awards. The invite-only, non-televised Juno gala and awards dinner preceded Sunday's Juno Awards broadcast. Electronic musician LIGHTS was first to perform at the event, playing *Where The Fence Is Low*, from her new album *Siberia*.

Jian Ghomeshi, host of the Q on CBC, hosted the gala and slipped in a few jokes on stage. He didn't shy away from

dropping the F-bomb twice, either.

Thirty-four awards were presented in rapid-fire succession with performances spread throughout the night by Oliver Jones, Lindi Ortega, Dan Mangan and MonkeyJunk. Some winners from Saturday were: The Sheepdogs for new group of the year; Arkells for group of the year; Hedley's *Storms* for pop album of the year; and KENmode's *Venerable* for metal/hard music album of the year. Drake won rap recording of the year for *Take Care*.

JOE LOFARO/METRO OTTAWA

Winners

Here is a partial list of some of the best acts in Canada — the 2012 Juno Award winners.

- Juno fan choice. Justin Bieber
- Single of the year. *I don't know* — The Sheepdogs
- Album of the year. *Christmas* — Michael Bublé
- Artist of the year. Feist
- New artist of the year. Dan Mangan
- Songwriter of the year. Dallas Green
- Dance recording of the year. *Hello* — Martin Solveig & Dragonette
- Group of the year. Arkells
- New group of the year. The Sheepdogs
- Country album of the year. *Roots and Wings* — Terri Clark
- Pop album of the year. *Storms* — Hedley
- Rock album of the year. *Learn & Burn* — The Sheepdogs
- Alternative album of the year. *Oh Fortune* — Dan Mangan
- Rap recording of the year. *Take Care* — Drake
- Adult alternative album of the year. *Metals* — Feist

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The Real Housewives of Vancouver cast: Ronnie Seterdahl Negus, left, Jody Claman, Christina Kiesel, Reiko MacKenzie and Mary Zilba. DARRYL DYCK/THE CANADIAN PRESS

Canuck Housewives: 'We're regular people'

Powerful women. The Real Housewives of Vancouver premieres Wednesday at 9 p.m. on Slice



PHYLICIA TORREVILLAS
Metro in Vancouver

The Real Housewives of Vancouver promises a look into the charmed life of five Canuck ladies against the backdrop of mountain views. But the five stars from the hit reality franchise say it's not all about the glitz and the glamour; they're normal people too.

Ronnie Seterdahl Negus, a mother of five, says despite having a more privileged life than most people, she makes sure that her children work to get what they want.

"I didn't come from money and my husband and I worked hard to get where we are," said Negus, who owns four houses in West Vancouver, a private jet and a Napa Valley vineyard.

"It has made us successful

and I try to breed success into my children. I don't think that's by handing them every little thing." She has a nine-year-old daughter who has special needs, and she's donating all of her earnings from the show to the B.C. Centre for Ability.

"We may have more glamorous styles, but deep down inside we're just normal people like everybody else," she says.

Jody Claman, a self-made businesswoman and clothing store owner, wants to show women that they can be who they want to be. "I am a survivor and not a victim," Claman says. "I want women to say it's OK to get a divorce or be a single mom. You don't have to rely on anyone except for yourself."

Reiko MacKenzie, who calls herself the "ninja girl" of the group, says you're bound to get conflict when you put five women with strong personalities in one room. "It's entering a lion's den almost," she says.

Christina Kiesel, the twice-divorced travel addict, says the show's not scripted and what you see is what you get. "People that know me know that I embellish a lot or say a lot of things

Moms with aspirations

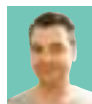
Single mom and former beauty queen Mary Zilba, whose son has tuberous sclerosis, hopes to raise awareness and funds about the disorder through the show.

- **Working for a living.** "I just hope that people realize that I'm human with small and big problems like everybody else. I'm just working for a living," says Zilba, who's also looking to re-ignite her singing career.

tongue-in-cheek," Kiesel says of the comment she made about her two divorces being her primary source of income. "I like to get people talking and I'm not hurting anyone."

At the end of the day, Kiesel says she hopes people will join them for a roller-coaster ride. "I've put myself out there doing this show, but I hope everyone is entertained," she says.

The Sheepdogs make it big



IAN GORMELY
scene@metronews.ca

Feature chat. Metro sits down with Saskatchewan's favourite sons to talk about their rise to fame

From appearing on the cover of Rolling Stone to touring with Kings of Leon, The Sheepdogs have come a long way from being an unknown prairie band.

Metro caught up with the band for a chat.

What do you miss most about home when you're on the road?

Ewan Currie: I miss the laid-back pace. It's a different kind of pace out here.

Ryan Gullen: Friends and family. You miss solace and being around familiar people.

What's the most memorable thing that has happened since the Rolling Stone cover?

Leot Hanson: Stepping onstage for that first arena tour with Kings of Leon.

Currie: Getting to make our new album down in Nashville and doing it with Pat Carney from the Black Keys.

Juno or Grammy — which do you covet most?

Currie: Neither. It's nice to get

recognized, but music isn't a sport. It's for fun and for art. *Gullen:* I also associate the Grammy's with pop music whereas the Junos diversify a bit. And also friends of mine get nominated.

What Canadian artist/group do you think is underrated or underappreciated?

Currie: There's no finer performing act in Canada than The Sadies.

Hanson: Monster Truck. They're like Deep Purple on Steroids.

If you win a Juno what will it mean, relative to the past year of your life?

Hanson: So much has happened in the last year. It would be really cool, but I don't think it would affect our life.

Gullen: From an artistic standpoint, the recognition isn't really focused on the art, but on the work that you've done. The last two years we've gone from being a band touring around, not making any money and trying to make a name for ourselves to people really recognizing our music and the things that we've done.

Describe your music in five words or less:

Gullen & Currie: Good time rock and roll

Sam Corbett: Exciting original '70s throwback rock

Hanson: Whiskey brawling rock and roll twang



The Sheepdogs, from left, Ewan Currie, Sam Corbett, Leot Hanson and Ryan Gullen pose in Times Square on Aug. 1, 2011 in New York City. GETTY IMAGES

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Winslet wants to barf

While many still consider Celine Dion's Titanic tune, My Heart Will Go On, a classic, Kate Winslet is literally sick of it.

"I feel like throwing up when I hear it. No, I shouldn't say that. No, actually, I do feel like throwing up," Winslet, who starred alongside Leonardo DiCaprio in Titanic, tells MTV News.

"I wish I could say, 'Oh listen, everybody! It's the Celine Dion song!' But I don't. I just have to sit there, you know, kind of straight-faced with a massive internal eye roll."



Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen: Oh, what a year

It's hard to believe, but it's been a full year since Charlie Sheen's very public meltdown and the words "tiger blood" were launched into the public lexicon. Now Sheen is embarking on something of an apology tour.

"I didn't recognize parts of who that guy was. I just wish it was somebody else's body. You say it's been a year — it's either been a day, or a hundred years," Sheen told Matt Lauer during an interview on the

Today show last week.

"I guess the plan was to reintroduce myself to America and to the media and say, 'Sorry about that, but here's what's happening now.'"

Clearly, that didn't go as planned. Now Sheen is busy promoting a new TV show, FX's Anger Management.

"I couldn't have the Two and a Half Men thing be my television legacy," Sheen says.

"I couldn't have that end on that note."

Gaga's tame birthday night

Lady Gaga had a not-so-wild celebration for her 26th birthday, treating her friends to some time at the gym before grabbing dinner with her parents, according to Us Weekly.

"Her friends filled the studio, and they had a blast," a source says of Gaga's visit to SoulCycle, an L.A. spin class studio.

"She requested (Bruce Springsteen's) Thunder Road because it's one of her favourite songs. And as for the location of the celebratory dinner: home.

"It was just a small thing with her family," says the source.

"Her mother cooked."



Lady Gaga

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Morning shows heat up this week



THE WORD
Dorothy Robinson
scene@metronews.ca

The Today Show is responding to the missile that ABC hurled last week — the announcement that anchorwoman Katie Couric is guest hosting Good Morning America — with a nuclear warhead of their own: The NBC morning show announced over the weekend that Tuesday's

guest host will be none other than Sarah Palin (yes, that Sarah Palin. We thought it was an April Fools' joke, too).

To make things even more interesting, Oprah is stopping by CBS Morning News on Monday to see her BFF, host Gayle King.

According to a CBS press release, Oprah's coming to "discuss everything from the latest developments at OWN, her Leadership Academy, and life after her daytime talk show."

Katie Couric, Sarah Palin, Oprah: It's as though this week's morning news ratings war was created just to give the rival networks' late-night talk show hosts something to joke about.

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Got baby-name remorse? You're not the only one

Names. Here are some ways of dealing with people's reactions to your child's name

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yummyummyclub.ca

When choosing the perfect name, the resources are endless. Baby-name books and online baby-naming tools are plentiful (a search for baby name books at indigo.com yielded 478 choices, and at 995 amazon.com).

Then there is the desire to be different. Babies are also being given names that might have come from browsing a dictionary or map. With choice can also come challenges. Some things we hear parents say are:

"I love the name I chose and so did the parents of the five other Sophies or Sophias in my daughter's class."

"My son's name is always mispronounced. So frustrating. I like the way it sounds when we say it."

"In an effort to give our son a traditional name with a twist, we changed the spelling and added a (silent) H. I'm tired of spelling it for people and I think he will be too. This is the one time in my life that I'm wishing I had listened to my mother."

Got regret? Here are some things that you can do:

Use your child's middle name or initials.

Choose a nickname that fits. Miley Cyrus was born "Destiny Hope" and was always called "Smiley" because she smiled so much. She shortened it to Miley. Voila.

How about a variation on the name? Alexandra could be Allie or Lexie; Jacob could be Coby or Jay.

Go with it! Remember why you chose it in the first place. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**



Giving your child a unique name can pose problems. ISTOCK

3 LIFE

Tax Breaks

Fitness and Art

Gymnastics, art, music, hockey, ballet. Did you know that some of your children's extracurricular activities can actually result in tax breaks for you?

With the Children's Arts Tax Credit or the Children's Fitness Tax Credit, parents can claim up to \$150 per child per year for eligible art and fitness expenses paid for children under 16.

The organizations you're handing your kids off to will be able to tell you if they are eligible for the credit, and they'll determine the part of the fee that qualifies for the tax credit.

Don't forget to request a receipt for tax purposes.

SARAH DEVEAU,
YUMMYMUMMYCLUB.CA

Support

Autism Awareness

Today is the fifth annual World Autism Awareness Day. People and organizations worldwide are raising awareness about autism by participating in 'light it up blue.' Show your support and put on something blue.

For more, visit autism-speaks.org.

DELIA MACPHERSON, METRO

On the Web



P.E.I. school kids play Fathers of Confederation, win national contest.

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Ontario

Let the greens season begin with a tangy Greek Salad



This recipe serves four to six. THE CANADIAN PRESS

There is no doubt that the best Greek Salad is made with seasonal, local vegetables, but this classic Mediterranean starter also brightens up appetites ready for spring weather.

It's best, of course, teamed with a fine Greek extra virgin olive oil, good firm kalamata olives and tangy imported

Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.

2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives.

Sprinkle with olive oil, oregano and salt and pepper to taste.

3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.

4. Fold in chunks of feta. Serve

Ingredients

- Half an English cucumber
- 1 green bell pepper, cut into chunky bite-sized pieces
- 2 ripe tomatoes, cut into chunky bite-sized pieces
- Half a small red onion, thinly sliced and separated into rings
- 125 ml (1/2 cup) pitted and sliced kalamata olives
- 45 ml (3 tbsp) extra virgin Greek olive oil
- 10 ml (2 tsp) dried oregano leaves, crumbled
- Kosher or sea salt
- Freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar (approx)
- 125 g (4 oz) feta cheese, broken into small chunks
- Fresh crisp greens (optional)

on a bed of fresh crisp greens, if desired.

ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE INC.)/THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, PLEASE VISIT EMILYRICHARDSOOKS.CA.

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Many Chinese restaurants are known for their plentiful dishes that won't break the bank. But be careful what you reach for.

Pork Chop Suey with Noodles

1,341 calories, 81 g fat
In many Chinese restaurants, the quality of pork used in this dish is of a lesser quality, usually with excess fat.



Equivalent

One serving of Pork Chop Suey with Noodles is your total daily calories and fat. It is equal in calories to 10 loaded chicken wraps from Popeyes.



Chicken Chop Suey with Noodles

819 calories, 40 gm fat
Chances are boneless, skinless chicken breast is used in this dish, resulting in close to half the calories and fat.



Mint is used for more than your breath in Feta-Mint Penne with Tomatoes & Capers

It's time to move mint beyond juleps and mojitos.

In North America, mint has struggled to land on the dinner table. We tend to associate it with sweets (after all, it does pair nicely with chocolate) and breath mints.

But elsewhere in the world, especially North Africa, the Middle East and Asia, mint is used to lend a crisp, almost peppery contrast to savoury dishes, especially fatty ones (think lamb with mint sauce).

First, the basics. You'll find fresh mint sold with other herbs in

the produce section, often in large bunches that you'll never manage to entirely use. No worries; it's cheap.

Most of the mint sold at Canadian grocers is spearmint or peppermint, just two of the many varieties (that grow like weeds) available.

It should have a mix of large and small leaves that are bright green and firm.

When you get the mint home, give it a good wash in cold water, then snip off the bottoms of the stems. You can prolong its life — sometimes by weeks — if you stand the stems upright in a glass of water and refrigerate.

And be prepared for a minty-fresh refrigerator. Mint is as aromatic as it is flavourful (handy since we tend to taste with our noses as much as our tongues). But that also means you'll want to go easy with it to avoid overpowering other flavours in your dish.

Mint loves vegetables, cooked and raw (it's key to the flavour of fresh Vietnamese spring rolls, for example).

It also goes well with roasted poultry and pork,

and helps cut through assertive cheeses such as feta.

1. In a large pot of boiling salted water; cook the penne pasta for about 8 minutes or until it is tender but firm. Drain the penne pasta and return to the pot; set aside.

2. Meanwhile, in a large skillet over medium-high, heat the olive oil and cook yellow onion and garlic for 4 minutes.

3. Add the halved cherry or grape tomatoes and cook for about 2 minutes or until they're just softened. Add the capers and cook everything for 1 minute.

4. Remove the skillet from the heat and stir in the crumbled feta, mint, salt and pepper.

5. To serve, spoon sauce over pasta and toss gently to coat.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSOOKS.CA.

Feta-Mint Penne with Tomatoes & Capers



This recipe makes four servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 500 g (1 lb) penne pasta
- 15 ml (1 tbsp) olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 500 ml (2 cups) cherry or grape tomatoes, halved
- 15 ml (1 tbsp) capers, drained
- 125 ml (1/2 cup) crumbled feta
- 30 ml (2 tbsp) finely chopped fresh mint
- Pinch each salt and ground black pepper

There ain't no mountain high enough to keep them from gliding toward glory



World Cup ski champion Thomas Grandi and Olympic silver medal winning cross country skier Sara Renner are raising their young family in Canmore, Alta. PROVIDED

Passion at its peak.
Two high-performance athletes provide hospitality in the hills



THE IN-CREDIBILITY FACTOR
Teresa Kruse
life@metronews.ca

Olympic medalist Sara Renner and World Cup champion Thomas Grandi may have retired from competitive skiing, but they didn't park their skis too far from the front door. Sliding into the business world, they bought Paintbox Lodge in Canmore, Alta., and are now raising their young family amidst the glorious Rocky Mountains.

Moving from high performance athletics to business isn't that much of a stretch. Most athletes do four-year business plans when getting ready for an Olympics and run their careers like a business. But Grandi admits there was one

Lesson learned

"Patience. When you go out of the start gate any thing is possible and you could go from last to first."

Thomas Grandi on what he has learned as a business owner.

thing he had to learn.

"Patience. When you go out of the start gate any thing is possible and you could go from last to first. In business even though you have a happy customer they may not come back until next year."

But Grandi and Renner are still winning and business has doubled since last year.

"I'm hoping people will stay with us and take a walk along the river path," Sara says. "They will find their soul is quieted and they can be rejuvenated before going back to their busy lives."

That's top-of-the-podium advice from two high performance athletes turned business people.

Success

How to move mountains

- Setbacks are your best opportunity for future improvement.
- Get the most from your team and offer incentives that benefit everyone — like profit sharing.
- Have perspective in your working life and prioritize the things that mean a lot to you.
- Your business will have more chance of success if you are happy.
- If you are stumped, go for a run, walk, ski or do some yoga. Get the blood circulating to your brain and great thoughts will follow.
- The first person you have to convince that you can be a champion is yourself.

Is homework not so helpful?

Learning lethargy.
Research finds being bogged down by the books not beneficial

CASSANDRA GARRISON
Metro World News in New York

All that time you spent doing

tedious homework assignments back in your school days was all for naught.

Turns out, if a recent study is to be believed, it probably didn't help you get any smarter. It might have even set you back.

Researchers at Sydney University in Australia found that too much homework can often have the opposite effect on students than intended.

Instead of enhancing their intellect, they become bored and unhappy, leading to little academic advancement.

"What the research shows is that, in countries where they spend more time on homework, the achievement results are lower," Dr. Richard Walker, from Sydney University's Education Faculty, told The Telegraph.



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HEALTHY CAT

SHARING YOUR HOME WITH A CAT MAKES LIFE PURR-FECT!

And, of course, you want to help your feline friend stay healthy and happy. Here's how.

VISIT THE VET

Regular visits to the vet are a must for checkups and cat care. Discuss annual shots and protection from fleas and other parasites as well as dental health. Your vet can make dietary recommendations too.

FEED HER PREMIUM CAT FOOD

Cats need a healthy diet, and it's important that their nutritional needs are met with food that is especially designed for cats. At the same time, kittens

and cats have different requirements depending on their age and health status. Be sure fresh water is always available.

PROTECT YOUR CAT

Many owners make the decision to keep their cats indoors, and they provide an enclosed area outside where their cat can roam safely, enjoy the sun, and watch the birds. It's also important to cat-proof your home and to make the cat litter box easily accessible.

KEEP HER BUSY

Your cat needs to be active some of the time. Remember, cats can sleep for 18 hours out of 24 – and that makes them susceptible to weight gain as time goes by. Keep your cat entertained with toys that bring out his hunting and stalking instincts. Playtime with you is good bonding time too.

BE OBSERVANT

As all cat owners know, these feline creatures can be pretty independent. So it's important to be aware of any changes in appearance, eating habits, personal care habits and disposition. This is especially important as your cat gets older (about eight) when age-related illnesses often develop.

LOVE YOUR CAT

There's nothing like a little R&R with your cat purring in your lap!

SERVING UP A HEALTHY & DELICIOUS DIET



Ask your veterinarian about the IAMS range of premium canned and dry food for all the different stages of a cat's life – from the time they are kittens, through their adult and senior years, and for special dietary needs too. IAMS foods provide natural ingredients:

- Chicken, lamb and fish protein to promote healthy muscles.
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- Natural source of fibre from beet pulp for healthy digestion.

Keep cats playing strong with new IAMS® Senior Plus.



Kitten
0 - 1



Adult
1 - 6



Mature Adult
7 - 10



Senior Plus
11+

IAMS Senior Plus for cats 11 and older. With 2x the antioxidants*, it helps restore the immune response to that of an adult cat. And it helps fight signs of aging.

*vs IAMS Original or IAMS Adult.

© 2010 P&G. IAMS®



high energy puppy months through to the less active senior years. What you feed your dog affects appearance (a dog's coat should always be shiny and free of flakes; and he should be a healthy weight) and disposition (he should have good energy and be content). Be sure fresh water is always available.

KEEP HIM ACTIVE

Just like people, dogs need regular exercise – in general, at least one to two hours every day. An under-exercised dog may start exhibiting unwanted behaviour such as chewing on furniture and carpets and separation anxiety.

TAKE CARE OF HIS TEETH

For healthy teeth, gums and breath, you can brush your dog's teeth, use oral rinses and feed them tartar-fighting dental treats. Your vet may recommend professional cleaning periodically too.

KEEP HIM GROOMED

Grooming needs are based on your dog's breed but in general an average short-haired dog should have a monthly nail trim, bath and brushing. Long-haired dogs should be brushed out daily.

LOVE

Dogs are like people really – they need food, water and love.

SERVING UP A HEALTHY & DELICIOUS DIET



IAMS produces several types of canned and dry dog food for all life stages of a pet's life – from puppyhood to their senior years (for example, as a dog gets older, he may need food that is easier to chew). For good health, IAMS uses natural ingredients including:

- High-quality protein from chicken or lamb for strong muscles
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- Omega-fatty acids for healthy skin and coat.
- Enriched with antioxidants to help maintain a strong immune system.

HEALTHY DOG

YOU LOVE YOUR DOG AND ONLY WANT THE BEST FOR HIM

Here's how to keep him happy and healthy.

VISIT THE VET

High-quality veterinary care is the key to your dog's overall health. Talk to your vet about recommended vaccines, protection from fleas and other parasites and any dietary concerns you have.

ONLY THE BEST FOOD

A healthy diet provides the nutrients and energy that your dog needs at every stage of life beginning with the

Keep dogs playing strong with new Iams® Senior Plus.



Puppy
0 - 1



Adult
1 - 6



Mature Adult
7 - 10



Senior Plus
11+

Iams Senior Plus for dogs 11 and older. With 2x the antioxidants,* it helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.

*vs Iams Original vs Iams Adult

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4

SPORTS

Quoted

"Of course if I keep skating well and keep getting the same results that I had this season, I'm going to go into the Olympics with the same expectations, like I should live up to (the expectation of) winning the Olympics.... Now I have a little taste of it and know how to deal with it."

Canada's Patrick Chan after winning gold on Saturday at the world figure skating championships in Nice, France. The fact the 21-year-old triumphed over competition he called the most difficult of his career is both a major victory and a huge lesson learned, he said, less than two years out from the 2014 Sochi Olympics.

On the web



The Canadian women's hockey team is looking to reclaim gold-medal glory in Vermont this week at the world hockey championship after a heartbreaking overtime loss to the U.S. in last year's final in Zurich. The roster, named Sunday, includes 13 players from the 2010 Olympic team that defeated the Americans 2-0 for gold in Vancouver. Scan the code for the story.

Wizards hang tough but Raptors prevail

NBA. Clutch play from DeRozan, Johnson helps Toronto pull away from Washington

Andrea Bargnani scored 18 points and Jose Calderon added 15 as the Toronto Raptors fended off the Washington Wizards 99-92 Sunday night.

With yet another fourth-quarter collapse looming, Toronto (18-35) rode clutch baskets from Amir Johnson and DeMar DeRozan and a strong showing from the foul line to win for just the third time in the last nine games. The win improved the Raptors to 2-2 on their five-game homestand.

DeRozan finished with 15 points and Johnson added 10 in a reserve role for Toronto, which shot 21-for-23 from the line — including an 11-for-12 showing in the pivotal final quarter.

Kevin Seraphin's career-high 16 points paced the Wizards (12-40), who have dropped 11 of 13 and are a dismal 5-21 away from Washington. John Wall added 13 points and 11 assists as the Wizards placed all five starters in double figures.

Up four at the break, Toronto held Washington in check throughout the third quarter thanks in large part to an aggressive stretch from DeRozan, who went 6-for-7 from the line in the period. Alan Anderson ended the quarter in style, knocking down a jumper at the horn as the Raptors entered the fourth ahead 71-61.

Anderson connected on a three-pointer early in the fourth to give Toronto a 13-point edge — its largest of



Raptors guard DeMar DeRozan drives between Wizards guards John Wall and Roger Mason Jr. in Toronto on Sunday.
FRANK GUNN/THE CANADIAN PRESS

the game — but Washington stuck around, closing to within six on a Jordan Crawford 18-foot jumper with just over five minutes remaining.

Wall then went back to work, hitting Seraphin for a two-handed dunk in traffic — Wall's 11th assist of the night — to make it an 89-86 game.

A Johnson dunk following a DeRozan miss — his second putback slam of the quarter — gave Toronto a five-point advantage on the ensuing possession, and DeRozan connected on a driving layup with 24.5

Sunday's game

99

Raptors

92

Wizards

seconds left to put the game out of reach.

The Raptors prevailed despite shooting just 4-for-17 from beyond the arc and turning the ball over 13 times.

All five Toronto starters

were on the scoresheet by the 6:30 mark of the opening quarter as the Raptors opened up a 16-8 advantage. A Bargnani turnaround jumper helped stem a Washington surge, and he finished the quarter with eight points as Toronto led 22-21 after one.

The game remained close until late in the second quarter, when Calderon buried a three-pointer and then fed Amir Johnson for a two-handed dunk as Toronto went ahead 43-34.

THE CANADIAN PRESS

MLB

Mended Johan Santana is Mets opening day starter

After a spring full of injury-related news, finally some relief for the New York Mets: Johan Santana will start on opening day.

The left-hander, returning from shoulder surgery performed in September 2010, met with manager Terry Collins Sunday. Collins announced Santana was set to pitch against the Atlanta Braves.

"It means that everything we've done from surgery to today has paid off," Santana said.

THE ASSOCIATED PRESS

Tournament schedule

- Round-robin play continues through Thursday night and playoff games are scheduled for next weekend.

things will happen," Howard said. "I was pleased. We played really well that game."

Howard said he and teammates Wayne Middaugh, Brent Laing and Craig Savill are feeling good after the opening weekend.

THE CANADIAN PRESS

Curling. Glenn Howard off to a perfect start at world championship

Canada's Glenn Howard scored early and often in a 9-2 blow-out win over Germany's John Jahr at the world men's curling championship.

The veteran Ontario skip needed only six ends to complete the victory Sunday morning at the St. Jakobshalle. Howard improved to 3-0 later with an 8-7 win over Heath McCormick of the United States.

Howard hit a draw to the four-foot in the 10th end to win it.

"You just divorce yourself from the outcome, just throw a quality curling shot and good

Golf

Hunter captures Houston Open



Hunter Mahan on Sunday.
MATT SULLIVAN/GETTY IMAGES

Hunter Mahan shot a 1-under 71 on Sunday to win the Houston Open, edging Carl Pettersson by one stroke.

Mahan, who won the Match Play Championship in February, is the first two-time champion on the PGA Tour this year. The victory moved Mahan up to No. 4 in the world rankings, the first time he's ever been the highest-ranked American.

"That's a pretty surreal thing to think about," Mahan said. "It shows me what I can do, shows me what I'm capable of."

THE ASSOCIATED PRESS

NASCAR

Newman gets win in wild finish

Ryan Newman needed help and was running out of time. Finally, Clint Bowyer provided an opening with two laps to go at Martinsville Speedway in Virginia.

Bowyer's aggressive move took out race leaders Jeff Gordon and Jimmie Johnson entering the first turn, allowing Newman to slide into the lead, and he held off A.J. Allmendinger and Dale Earnhardt Jr. on another restart for his first win in 23 races.

THE ASSOCIATED PRESS

ATP tennis. Djokovic dominates Murray as he picks up another title

Top-ranked Novak Djokovic won his third Sony Ericsson Open title Sunday, holding every service game to beat Andy Murray 6-1, 7-6 (5) in Key Biscayne, Fla.

Djokovic also won in 2007 and last year. Only six-time champion Andre Agassi won more men's titles.

Djokovic didn't lose a set in six rounds, and saved 25 of 30 break points against him.

He improved to 20-2 this year and 90-8 since the start of 2011. He has won five Grand Slam titles, including the past three in a row.



Novak Djokovic celebrates on Sunday.
MATTHEW STOCKMAN/GETTY IMAGES

Now begins the clay season culminating with the French Open, the only major event Djokovic has yet to win.

THE ASSOCIATED PRESS

Rematch for national glory

NCAA. Facing Kansas in championship game is nothing new for Kentucky coach Calipari

Well, this matchup is going to look familiar.

John Calipari and his Kentucky juggernaut will face Kansas for the national championship on Monday night. That would be the same school that beat Memphis in overtime for the NCAA title in 2008, back when Calipari was coaching the Tigers.

It also would be the same Kansas team that the Wildcats beat back in November.

"We're worried about us playing at our best," Calipari said after Kentucky held off pesky Louisville 69-61 in the first semifinal Saturday. "We did not play at our best tonight. We played good, but that wasn't our best.... So maybe Monday is our best. We're just worried about us."

Top-seeded Kentucky (37-2) is back in the title game for the first time since 1998, when it won its seventh NCAA championship.

Down 13 in the first half, resilient Kansas (32-6) needed a furious comeback against

Celebrate with fire

Riot police used pepper spray in small amounts for crowd control as thousands of rowdy fans swarmed into the streets near the University of Kentucky campus, overturning cars and lighting couches ablaze after a victory over cross-state rival Louisville in a Final Four matchup.

- Lexington police spokeswoman Sherelle Roberts said 150 officers deployed on the streets at one point to quell what she called "a very dangerous situation with the fires and the violence" that dragged on for hours.

Ohio State to reach the championship game, where it will play for its fourth NCAA title.

"It's a dream to play the best team in the country, who is up until now, hands down, the most consistent," Kansas coach Bill Self said. "It's a thrill. And I think it's even more of a thrill for us, because I don't think anybody thought we could get here."

That 2008 squad Calipari had in Memphis was stocked



Anthony Davis of Kentucky celebrates the Wildcats' 69-61 win over Louisville on Saturday in New Orleans. RONALD MARTINEZ/GETTY IMAGES FILE

with talent, led by future NBA MVP Derrick Rose. But the Tigers missed four free throws down the stretch and blew a late nine-point lead in an overtime loss to Mario Chalmers and the Jayhawks.

These Wildcats, however, are in a totally different class. Anthony Davis has won just about every player of the year

award there is, and Louisville coach Rick Pitino likened him to Bill Russell after Saturday night's game.

The 19-year-old doesn't look like a freshman, and he doesn't play like one, recording his 20th double-double against Louisville with 18 points and 14 rebounds. He missed just one of his eight



Travis Releford celebrates the Kansas Jayhawks 64-62 win over Ohio State on Saturday in New Orleans. JEFF GROSS/GETTY IMAGES FILE

shots, and also had five blocks and a steal.

"Anthony Davis is as fine a basketball player as there is," Pitino said.

Then there are the rest of the Wildcats.

They shot a blistering 57 per cent Saturday and had two other players besides Davis in double figures. Dar-

Quoted

"We kind of played on borrowed time a little bit, but I think it gives the guys confidence that no matter what, we're OK."

Elijah Johnson, Kansas Jayhawks guard.

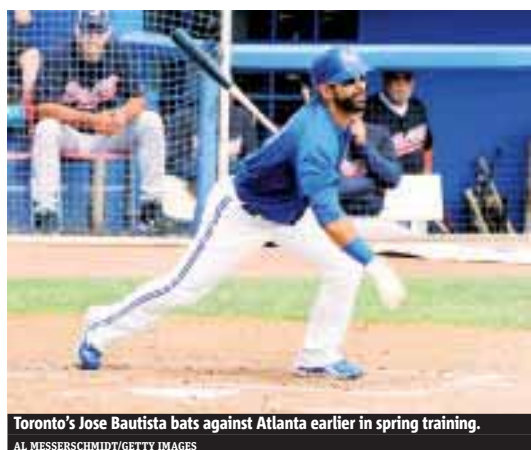
ius Miller scored 13 points and Doron Lamb added 10. Michael Kidd-Gilchrist had nine in just 23 minutes due to foul trouble.

Few people would have expected the Jayhawks to seriously contend for a championship as they scuffled through the early part of the season. They were 7-3 mid-way through December and struggling to find an identity, but a team meeting helped Kansas find its focus, and the Jayhawks simply refuse to lose. They've lost just two games since Feb. 7, and keep eking out wins in the NCAA tournament.

"It's pretty cool to have the winningest program of all time and the second-winningest program of all time hooking up on Monday night," Self said.

THE ASSOCIATED PRESS

Jays vow to give Toronto fans reason to cheer



Toronto's Jose Bautista bats against Atlanta earlier in spring training. AL MESSERSCHMIDT/GETTY IMAGES

Jose Bautista didn't hear the cries of disgruntled Maple Leafs fans, who in the midst of another demoralizing loss called out for his team.

But when told of what happened at the Air Canada Centre on Thursday night — and after making clear he takes no joy in the suffering of Leafs Nation — Bautista said Toronto sports fans should be excited about his Blue Jays.

"They have good reason to be feeling that way," he said, matter-of-factly, while sitting at his locker in the back corner of the Dunedin, Fla., clubhouse he will leave behind on Tuesday. "We can compete against any team, and we can't wait to get going."

Optimism abounds at spring training. Across Florida and Arizona, every major-league ball club is making claims that 2012 will be their year.

But there is a distinct buzz about these Blue Jays, both from within and without.

They are the fashionable choice for baseball pundits predicting American League surprises.

They set a club record for spring wins and have proven almost unbeatable this exhibition season.

As a team, they have a noticeable swagger.

"We're arrogant, we know we can win," said Ricky Romero, the left-handed ace of the team's pitching staff. "I

hate watching the playoffs at home. I want to be part of it. The city of Toronto, I think, deserves it."

Judging from the anxious fans at the ACC, the city can't wait to welcome the boys of summer.

Brett Lawrie, the 22-year-old third baseman whose electric play in 43 games at the end of last season has fuelled much of the hype around the team, said he heard about the "Let's Go Blue Jays" cheers at Thursday's Leafs game on Twitter.

"I really think there is a big buzz going on right now in Canada and in Toronto," he said, "and we're definitely going to turn some heads for sure." TORSTAR NEWS SERVICE

Spring training

Nate McLouth and Matt Hague homered and the Pittsburgh Pirates beat the Toronto Blue Jays 3-1 on Sunday.

- Michael McKenry singled before McLouth homered off Drew Carpenter with two outs in the eighth inning and sent it over the left field wall for a 2-1 lead.

- Toronto starter Brandon Morrow allowed two hits in four innings and struck out four. THE ASSOCIATED PRESS

NHL

Sens clinch with win on the Island

No captain Daniel Alfredsson. No scoring leader Jason Spezza. No problem against the New York Islanders. Kyle Turris scored twice, Milan Michalek added his team-leading 35th goal and the Ottawa Senators clinched a playoff berth with a 5-1 win over the Islanders on Sunday. THE ASSOCIATED PRESS

NHL

Flyers rally past Penguins

Jakub Voracek scored twice in the third period to break open a tight game and lift the Philadelphia Flyers to a 6-4 victory over the Pittsburgh Penguins on Sunday.

Wayne Simmonds, Claude Giroux, Max Talbot and Marc-Andre Bourdon also scored for the Flyers and Sergei Bobrovsky made 43 saves. THE ASSOCIATED PRESS



Philadelphia's Scott Hartnell hams it up Sunday in Pittsburgh. GENE J. PUSKAS/THE ASSOCIATED PRESS

IndyCar

Power wins again in Alabama

Will Power surged from the pack to win his second straight Indy Grand Prix of Alabama, once again holding off Scott Dixon.

Power started ninth but took the lead on a late caution and pulled back in front of Dixon on the double-file restart with 16 laps left Sunday in Birmingham. THE ASSOCIATED PRESS

NBA

Air Jordan has no plans to jump ship

Michael Jordan says he's 100 per cent committed to the Bobcats and has no intention of selling the team.

Charlotte have lost 12 of their last 14 and own the NBA's worst record (7-43), but Jordan says he isn't ready to bail on the team he became majority owner of in March 2010. THE ASSOCIATED PRESS

NBA

"It is what it is and so hopefully I can come back as soon as I can and help everybody."

New York's Jeremy Lin who is heading for left knee surgery that is expected to sideline him six weeks, possibly ending his breakthrough season and leaving the Knicks without their starting point guard.

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ANNOUNCEMENTS

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Community Events

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Monday & Wednesday.

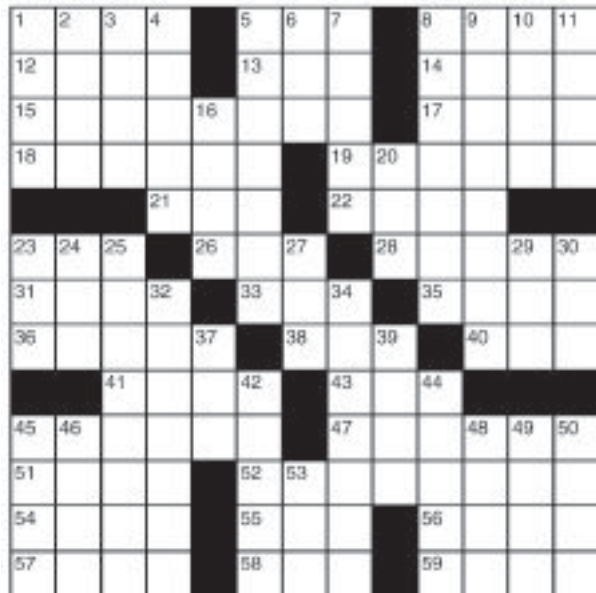
Crossword

Across

- 1 Air pollution
5 Shade provider
8 Mid-month date
12 Staffer
13 Grass-skirt accessory
14 Castle protector
15 Likely loser
17 Taj Mahal city
18 Rent payer
19 Much
21 Listener
22 Small combo
23 Mrs. O'Leary's troublemaker
26 Thickness
28 Coach Rockne
31 Quid pro quo
33 "Undeniably"
35 Birthright barterer
36 Prelude
38 Spigot
40 Blunder
41 Cornfield commentaries
43 Be a couch potato
45 For some time
47 Eagles' nests
51 Auction offers
52 Li'l Abner's hometown
54 Lotion additive
55 Before
56 Antitoxins
57 Pleads
58 Scarlet
59 Cockily confident

Down

- 1 Author Bellow
2 Greedy one's call
3 Probability
4 Gaggle members
5 On in years
6 Zodiac sign
7 Power
8 John Lennon

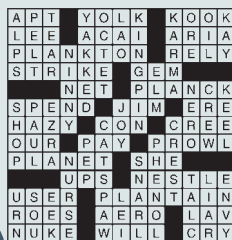


- song
9 Place of disfavor
10 "My Name Is —"
11 Remain
16 Harvest
20 Annoy
23 Marg Helgenberger series
24 "My — Private Idaho"
25 Guardian
27 Nevertheless
29 Pitch
30 A cont.
32 Lauds
34 Attacked brutally
37 Pussycat's partner
39 Incubator noise

- 42 Passover dinner
44 Lawn
45 Quatrain rhyme scheme
46 — E. Coyote
48 Particular
49 Beige
50 Rug type

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer



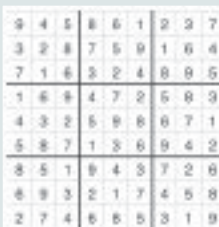
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Send a kiss

- Sadiki.** I hope you get this message soon because i want everyone to know how much i love you and how i would be lost without you. You are my handsome prince. You understand me better than anyone and you challenge me each day to be a better person. We have been through so much together, but we have only become stronger. I know this year will be better. I love you more than anything with all my heart and soul. Your Cougarlizzy
- Jonathan.** You've made falling in love with you easy, I look forward to continuing our story! Love, your Juliet xo
- You are stronger than you think. You have the power to make me weak. How do you do it? confused beshtiee!
- I did everything, expressed my feelings but in the end I feel like I didn't get anything accomplished. Through thick and thin I'm always there no matter how bad it is. I love you so much I know I told you a million times I really do. I'm just protecting you from all the stupidity that's around. I love you <3.. I'm Sorry.. sincerely, 625<3



Horoscope

♈ Aries | March 21 - April 20.

You don't have to make a big display of your emotions.

♉ Taurus | April 21 - May 21.

You must not allow other people, no matter how well meaning, to poke their noses into your affairs.

♊ Gemini | May 22 - June 20.

You may not have got as far with something as you would have liked over the past few weeks but the important thing is that you have made a start.

♋ Cancer | June 21 - July 22.

If you spend too much time weighing up the pros and cons of an offer today someone of a more instinctive nature could beat you to a prize that should have been yours.

♌ Leo | July 23 - Aug. 22.

A minor battle may hardly seem worth the effort today but it's good practice because soon you will have to fight for something a lot more important.

♍ Virgo | Aug. 23 - Sept. 22.

Don't dwell on the past today or you could miss out on a wonderful future.

♎ Libra | Sept. 23 - Oct. 22.

Your rivals and enemies are not as tough as they look.

♏ Scorpio | Oct. 23 - Nov. 21.

Don't let other people drag you down with their negative attitudes today.

♐ Sagittarius | Nov. 22 - Dec. 21.

According to the planets a friend or relative has something

important to reveal, but they may be reluctant to bring up the subject. Be patient and encourage them to tell what they know.

♑ Capricorn | Dec. 22 - Jan 20.

You like a challenge but that is no reason to make life hard for yourself.

♒ Aquarius | Jan. 21 - Feb 18.

Don't concern yourself too much with what other people say or do today. Put on your smiley face and don't let anyone or anything get you down.

♓ Pisces | Feb. 19 - March 20.

A little bit of humour will go a long way today, especially if you have been too serious of late.

SALLY BROMPTON



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Erica
FRANK AUGSTEIN/THE ASSOCIATED PRESS

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